







Group Fitness Timetable | 24th Nov–12th Dec


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GOOD MORNING MUSCLES	Weight Circuit  7:00am – 8:00am	Boot Camp  7:00am – 8:00am	Rise & Grind  7:00am – 8:00am One For All  8:00am – 9:00am	Boot Camp  7:00am – 8:00am	Stretch & Mobility  7:15am–8:00am (Lower Bush Court)
WINNING ON YOUR WELLBEING	Yoga 12:30pm – 1:30pm	Yoga 12:30pm – 1:30pm	Yogalates 12:30pm – 1:30pm	Stretch & Mobility 11:45pm – 12:30pm ABT 12:30pm – 1:30pm	Yogalates 12:30pm – 1:30pm
EVENING ENLIVENED	Zumba 5:00pm – 6:00pm	Power Up 5:00pm – 6:00pm	Zumba 5:00pm – 6:00pm	Yoga 6:00pm – 7:00pm	

 = Murdoch Moves

#GETMURDOCHACTIVE

All Members of the Murdoch Active Gym have complimentary access to all group fitness classes as part of their membership fees. Memberships to the Murdoch Active Gym are available via <https://linktr.ee/murdochactive>. Murdoch Moves classes are free to all staff, students & alumni, \$10 per session for public non-members.

Active.Gym

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